

# Harvest of the Month

## MARCH

## CABBAGE

### HEALTH BENEFITS

- FOLATE
- VITAMIN C
- VITAMIN K



### HEALTHY SERVING IDEAS

Enjoy raw cabbage plain, or you can make a quick coleslaw by shredding cabbage and carrots and adding apple cider vinegar, olive oil, honey, mustard, salt, and pepper.

Did you know Sauerkraut is made from cabbage? Sauerkraut is fermented, which is a healthy way to preserve raw cabbage.

### SHOPPING & STORAGE TIPS

Fresh cabbage grown in Wisconsin is available from mid-June through late October.

Green and red cabbage are the most common, but additional varieties of cabbage include Napa (Chinese cabbage) and Savoy.

Have some cabbage getting to the end of its shelf life? That's okay - make some Sauerkraut!

### LIVE WELL



### WAUKESHA COUNTY

HARVEST OF THE MONTH HIGHLIGHTS A LOCALLY AVAILABLE CROP EACH MONTH OF THE YEAR IN SCHOOL CAFETERIAS, RESTAURANTS, WORKPLACES, AND GROCERY STORES. THE PROGRAM EXPANDS ACROSS WAUKESHA, WASHINGTON & OZAUKEE COUNTIES TO HELP CHILDREN, CAREGIVERS, AND THE BROADER COMMUNITY LEARN MORE ABOUT HEALTHY, SEASONAL, WHOLE-FOODS EATING.



LEARN MORE AT  
[WWW.WAUKESHACOUNTY.GOV/LIVEWELL](http://WWW.WAUKESHACOUNTY.GOV/LIVEWELL)



## INGREDIENTS



# EGG ROLL NOODLE BOWL

1 tablespoon sesame oil  
1/2 pound ground pork  
1 tablespoon soy sauce  
1 garlic clove, minced  
1 teaspoon ground ginger  
1/2 teaspoon salt  
1/4 teaspoon ground turmeric  
1/4 teaspoon pepper  
6 cups shredded cabbage  
2 large carrots, shredded  
4 ounces rice noodles  
3 green onions, thinly sliced

FOR MORE INFORMATION VISIT  
[WAUKESHACOUNTY.GOV/LIVEWELL](http://WAUKESHACOUNTY.GOV/LIVEWELL)

1. In a large cast-iron or other heavy skillet, heat oil over medium-high heat; cook and crumble pork until browned, 4-6 minutes. Stir in soy sauce, garlic and seasonings. Add cabbage and carrots; cook until vegetables are tender, stirring occasionally, 4-6 minutes longer.

2. Cook rice noodles according to package directions; drain and immediately add to pork mixture, tossing to combine. Sprinkle with green onions. If desired, serve with additional soy sauce.



## INGREDIENTS

# CORNEBEEF AND CABBAGE

1 corned beef brisket (about 4 pounds) with spice packet  
2 tablespoons brown sugar  
2 bay leaves  
3-1/2 pounds small potatoes, peeled  
8 medium carrots, halved crosswise  
1 medium head cabbage, wedges

### Horseradish Sauce

2 tablespoons all-purpose flour  
1 tablespoon sugar  
1 tablespoon cider vinegar  
1/4 cup horseradish

1. Place brisket, contents of seasoning packet, brown sugar and bay leaves in a stockpot; cover with water. Bring to a boil. Reduce heat; simmer, covered, 2 hours.

2. Add potatoes and carrots; return to a boil. Reduce heat; simmer, covered, just until beef and vegetables are tender, 30-40 minutes.

3. Add cabbage to pot; return to a boil. Reduce heat; simmer, covered, until cabbage is tender, about 15 minutes. Remove vegetables and corned beef; keep warm.

4. For horseradish sauce, strain and reserve 1-1/2 cups cooking juices; skim fat from reserved juices. Discard remaining juices. In a small saucepan, melt butter over medium heat; stir in flour until smooth. Gradually whisk in 1 cup reserved juices. Stir in sugar, vinegar and horseradish; bring to a boil, stirring constantly. Cook and stir until thickened. If desired, thin with additional juices and season to taste with additional sugar, vinegar or horseradish.

5. Cut beef across the grain into slices. Serve with vegetables and sauce.